MyPyramid.gov



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One size doesn't fit all. MyPyramid offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the Dietary Guidelines for Americans.

Spotlights



Inside the Pyramid Food groups, healthy eating tips, and more



MyPyramid for **Preschoolers** Get your child's Plan today



MyPyramid Menu **Planner** Plan menus to reach your personal goals



MyPyramid for Moms

Start out right as a new mom or mom-to-be



2010 **Dietary Guidelines** The basic guidelines for eating healthy



Kids Kids 6-11 years old will love the Blast Off Game

I Want To ...

- See what's available
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss info
- Learn about food groups
- Plan a healthy menu
- Analyze my diet
- Listen to podcasts §
- Print MyPyramid materials
- Ask a guestion

Tip of the Day

For the best nutritional value make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

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Click here for more tips





USDA Welcomes First Lady Michelle Obama



Podcasts 🚱 Download nutrition and health tips for on-the-go



PSAs USDA-Disney partnership for nutrition education

Inside the Pyramid >>

Grain Group

What's in the Grain Group? How much is needed? What counts as an ounce? Health benefits & nutrients

Vegetable Group

What's in the Vegetable Group? How much is needed? What counts as a cup? Health benefits & nutrients

Fruit Group

What's in the Fruit Group? How much is needed? What counts as a cup? Health benefits & nutrients

Milk Group

What's in the Milk Group? How much is needed? What counts as a cup? Health benefits & nutrients

Meat & Beans Group

What's in the Meat & Beans Group? How much is needed? What counts as an ounce? Nutrients & health implications Vegetarian choices

Oils

What are "oils"? How are oils different from solid fats? Why is it important to consume oils?

Discretionary Calories

What are "discretionary calories"? What are "solid fats"? What are "added sugars"?

Physical Activity

What is physical activity? Why is it important? How much is needed? Calories used

Tips & Resources

Grains Vegetables **Fruits** Milk Meat & Beans Increasing Physical Activity MyPyramid Print Materials Inside the Pyramid print pages Menus Counting Mixed Dishes Eating Out Vegetarian Diets See all

Interactive Tools

MyPyramid Plan MyPyramid Menu Planner MyPyramid Tracker Child Cost Calculator

Multimedia

Audio Podcasts 🚱 Public Service Announcements (PSAs) MyPyramid Animation

Specific Audiences

Preschoolers (2-5yrs) Kids (6-11yrs) Pregnancy & Breastfeeding General Population

Steps to a Healthier Weight

What is a Healthier Weight? What should you eat? How much should you eat?

For Professional Use

Earn CPE Credits Development of MyPyramid WIC Fact Sheets

Dietary Guidelines for Americans

About the Dietary Guidelines Current Guidelines Previous Guidelines

Partnering with MyPyramid

Corporate Challenge Youth Alliance Corporate Challenge Partners MyPyramid e-Post Action Kit

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Related Links

Print Materials

http://mypyramid.gov